

Montana School Nutrition and Physical Activity Survey 2005 School Food Authority Form

Number Returned: 129 Response Rate: 49%

Student Enrollment Information

1. What is the approximate enrollment for your school district?

22.2% (0-50)	20.6% (51-100)	23.8% (101-250)	9.5% (251-450)	8.7% (451-650)
7.9% (651-1500)	4.8% (1501-5000)	1.6% (5001-10,000)	.8% (Over 10,000)	

2. What is the approximate participation rate in your school lunch program?

3% (0-25%)	4% (26-39%)	3% (40-50%)	13% (51-65%)	19% (66-75%)
13% (76-89%)	30% (90-99%)	15% (100%)	<u>Average:</u> 76%	

Nutrition and Physical Activity Policies

3. In which of the following areas does your school district have a formal policy?

81% Adherence to USDA school meals/snack program requirements	14% Overall School Wellness Policy (meeting upcoming 2006 USDA requirements)
16% A la carte food and beverage choices	23% Fundraising (bake sales/candy sales)
20% Vending machine contents	31% Vending machine access
4% Other Nutrition Policies	

4. Do any grade levels at your schools have recess scheduled before lunch? **48% Yes 52% No**

If **Yes**, in what areas have schools noted benefits from recess before lunch?

26% Increased consumption of healthy foods at lunch	18% Calmer/more orderly cafeteria atmosphere
16% Improved classroom or playground behavior	10% No benefits observed
9% Other benefits:	

5. Which of the following groups have expressed interest/support for health-related changes in your district?

20% Students	30% Parents	30% School Instructional/Support Staff
34% School Admin Staff	23% School Board	32% None 11% Other

6. Does your district currently have a Wellness/School Health Committee? **8% Yes 92% No**

Healthy School Nutrition Environment

	<u>SA</u>	<u>A</u>	<u>D</u>	<u>SD</u>
7. At breakfast, students (who arrive on time) have at least 10 minutes to eat their food <i>once seated</i> .	68%	31%	1%	0%
8. At lunch, students (who arrive on time) have at least 15 minutes to eat their food <i>once seated</i> .	58%	37%	4%	2%
9. The food service staff work together with school staff to encourage healthful eating habits in students.	50%	45%	5%	0%
10. Advertising of less healthy foods is restricted in school cafeterias.	63%	28%	6%	3%
11. The importance of healthy eating/lifestyle is promoted through the food service program.	50%	49%	1%	0%

If **SA** or **A** for #11, in what ways is healthy eating/lifestyle promoted?

26% Providing written nutrition information for families and school staff

68% Availability of healthful food choices (e.g., salad bar, a la carte fruits and vegetables)

61% Presence of nutrition-related cafeteria bulletin board or display

36% Providing nutrition education in classrooms

12% Other

	Almost <u>All</u>	<u>Most</u>	<u>Some</u>	Very Little to None
12. How much of the foods/beverages available to students <u>outside the cafeteria</u> would you consider to be healthful?	2%	15%	58%	26%

13. In which of the following areas has your program made changes (or is considering changes) to increase healthy food choices for students, staff, and families?

76% Developing healthier school meal menus **26%** Providing healthier a la carte choices

38% Encouraging schools to adopt nutritious food choices across settings

9% Other

Nutrition Services:

	<u>SA</u>	<u>A</u>	<u>D</u>	<u>SD</u>
14. Services increased awareness of the importance of nutrition and physical activities for academic performance.	42%	58%	0%	0%
15. Staff members who received services learned ways to prepare healthy meals/snacks.	39%	61%	0%	0%
16. My school district made changes, based on information or support provided by School Nutrition/Team Nutrition.	24%	74%	3%	0%
17. Overall, services were valuable for my district.	32%	68%	0%	0%
18. School staff would be interested in follow-up services from Team Nutrition.	32%	65%	3%	0%